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Little Rock colonel takes command of wing

New leader looks forward to continuing mission excellence

By 1st Lt. Ben Alumbaugh
374 Airlift Wing Public Affairs

The Samurai Wing welcomed Col. Scott Goodwin as the new 374th Airlift Wing commander Wednesday during a ceremony at Hangar 15.

Colonel Goodwin assumed command from Col. Mark Schissler, who will be assigned to the Joint Staff at the Pentagon in Washington, D.C.

"It is a distinct pleasure for our family to join the 374th Airlift Wing and Yokota Air Base families," said Colonel Goodwin. "It is a special privilege to be joining an organization with such a rich legacy of excellence and achievement."

The wing's new commander comes from Little Rock Air Force Base, Ark., where he was the commander of the 463rd Airlift Group. During his time in Little Rock, Colonel Goodwin also was the commander of the 332nd Expeditionary Operations Group at Balad Air Force Base, Iraq.

Prior to his time in Little Rock, Colonel Goodwin served as the United States Transportation

Command liaison officer to United States European Command in Stuttgart, Germany.

He has served in numerous operational capacities at the squadron, group and wing level. He has also served as a faculty instructor at the United States Air Force Academy.

Colonel Goodwin is the son of a retired Air Force senior non-commissioned officer and graduated from Minot High School, Minot, N.D. in 1979. He received his commission in 1983 through the United States Air Force Academy.

After receiving his bachelor's degree in aeronautical engineering, Colonel Goodwin earned a master's degree in mechanical and aerospace engineering from Princeton University and a master's in national security and strategic studies from the Naval War College in Newport, R.I.

Colonel Goodwin is also a distinguished graduate from Air Command and Staff College, Maxwell Air Force Base, Ala.

He is a command pilot with more than 3,200 flying hours in the C-130, C-21 and T-41 aircraft.



photo by Yasuo Osakabe

Col. Scott Goodwin, 374th Airlift Wing commander, accepts the wing's guidon from Lt. Gen. Bruce Wright, U.S. Forces-Japan and Fifth Air Force commander, during a change of command ceremony held in Hangar 15 Wednesday. Colonel Goodwin comes to the wing from Little Rock Air Force Base, Ark.

Base airfield Airmen recognized as best in Air Force

Teamwork helped garner awards for three flights, civilian manager

By 1st Lt. Ben Alumbaugh
374 Airlift Wing Public Affairs

Yokota Air Base and its units are racking up the awards this year and now two more have been added to the base's list of accomplishments.

Yokota has won 98 Pacific Air Forces-level awards and 16 Air Force level awards for 2004.

Yokota was awarded the Air Force Airfield Operations Complex Award and Airfield Management Civilian Supervisor for Mr. David Prince.

The Airfield Operations Complex Award is given to the best complex which is comprised of the Airfield Management Operations flight, which has three sections: Airfield Management, Radar Approach Control (RAPCON) and the control tower.

"We are fortunate to have three great pieces working together," said Mr. Prince, Yokota's airfield manager. "It takes a great team effort to win such an award."

The main thing Mr. Prince believes helped Yokota win the award was there were over 25 construction projects on

base and none of them impacted the airfield or the wing mission.

"This is a very challenging airfield," said Mr. Prince. "Because so much of airfield management deals with clearances around the airfield and how close things are to the airfield and here things are so tight with things surrounding the base."

Approximately 50 percent of the base's land is dedicated to an 11,000-foot runway and flightline, which means that pretty much any activity on base will affect the airfield in some capacity.

"It is a daily challenge," said Mr. Prince. "I have to be on top of every construction project that goes on just to make sure it doesn't encroach on the airfield. I have to make sure the aircraft can continue

to operate safely here at Yokota."

Mr. Prince and his team in airfield management also took home the award for the Air Force Airfield Management Civilian Supervisor.

Airfield Management Operations is a 24-hour post responsible for managing the base's flightline driving program to logging flight plans in the international aviation system to performing airfield inspections.

Mr. Prince is mostly responsible for running the section and the overall safety and efficiency of the field.

"I retired from active duty in 2001 as an airfield manager," said Mr. Prince. "But I never won an individual award for it, so this is very gratifying to say the least."

Community earns more recognition

The base community and its servicemembers have been recognized throughout the first half of 2005 for its accomplishments in 2004 and beyond.

The following Yokota community members earned a master's degree through the University of Phoenix in May:

William Andersen; Leonce Bienville Jr.; Yolonda Davis; Corday Feagins; Corey Hervey; Shawnta Kinmon; Yvette Rose McKenzie; Jennifer Saucedo; and Michael Wells.

The following Yokota Airmen were recognized in the 2004 Air Force Communications and Information Awards:

Senior Airman Heather Norris, 374th Communications Squadron, as the Outstanding Visual Information Airman of the Year.

Senior Master Sgt. Michael Breazell, Det. 2 Air Postal Squadron, as the Outstanding Postal Service Senior Noncommissioned Officer.

The following community members were recognized during Nippon Zenko-kai's 55th Annual Spring Commendation Ceremony at Meiji Shrine in downtown Tokyo:

Staff Sgt. Dana Derby and Mary Hallmon, 374th Maintenance Squadron, for their contributions to the Yokota and surrounding Japanese communities.

(Compiled by 374th Airlift Wing Public Affairs)



photo by 1st Lt. Ben Alumbaugh

Family gatherings

Capt. Michelle Lewis gives the oath of enlistment to her brother Staff Sgt. Benjamin Lewis during a re-enlistment ceremony May 27. Captain Lewis is a C-130 Hercules pilot and Sergeant Lewis is a loadmaster. Both brother and sister serve in the 36th Airlift Squadron. They come from a long line of Airmen including their father who achieved the rank of chief master sergeant. Sergeant Lewis re-enlisted until 2009.

Tricare Pacific Prime requires enrollment

Patients encouraged to choose option with least amount of out-of-pocket expenses

By William Charron

Tricare Pacific Marketing Representative

Community members are encouraged to take a second look at their medical coverage.

Residents are covered by Tricare Pacific Prime, but only if they have completed an enrollment form and received a primary care manager at the hospital.

Enrollment in other Tricare region does

not guarantee "no-cost" routine care for residents. As a result, patients may be responsible for paying for a portion of their medical care if they are not properly enrolled.

Active-duty servicemembers are covered by Tricare Pacific Prime and must complete an enrollment form to enroll.

Command-sponsored family members of active duty have a choice to enroll in Pacific Prime by completing the Tricare Pacific Prime

enrollment form or choose Tricare Pacific Standard. Families should choose the option that keeps out-of-pocket expenses to a minimum. There is no enrollment fee for active duty or their family members.

Failing to transfer enrollment, choosing the wrong option or getting care outside the scope of a plan may cause more expenses.

Transferring enrollments is usually done during the Right Start class held at the Family Support Center every Thursday. Enrollment forms and assistance are also available at the Tricare Service Center, located in the 374th Medical Group, room 129.

For more information, call 225-6478.

DOD study ongoing to investigate Airmen's health:
SAN ANTONIO (AFPN) – An ongoing Department of

Defense health study will examine health surveys submitted by servicemembers throughout 20 years.

The joint-service Millennium Cohort Study will evaluate the health risks of military deployments, occupations and general military service, said Navy Cmdr. (Dr.) Margaret Ryan, director of the DOD Center for Deployment Health Research in San Diego.

Enrollment for the study began in 2001, and close to 100,000 servicemembers have enrolled since then, including active-duty and reserve components. Of those, more than 20,000 participants are Airmen.

Results have already led to a better understanding of the general health of servicemembers, while future studies will focus on specific disease outcomes and multisymptom illnesses, officials said.

NEWS AROUND THE AIR FORCE & PACAF

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Taking second step: BRAC commissioner visits Pope AFB: POPE AIR FORCE BASE, N.C. (AFPN) – A Base Realignment and Closure commissioner met with base leaders here May 24 to discuss the base's inclusion on the 2005 BRAC list, the units that could potentially be affected and the land that comprises the base.

"My visit is not to announce Pope will be closed. Rather I am here to get a personal understanding of what comprises Pope," said retired Navy Adm. Harold Gehman Jr. "It is important to keep in mind that this is only the second part of an eight step process. I am here mostly to see if anything (about the recommendation concerning Pope) is wildly out of kilter."

For more information about the BRAC process, visit <http://www.af.mil/brac>.

Pilots give new C-130J aircraft rave reviews:
LITTLE ROCK AIR FORCE BASE, Ark. (AFPN) – Here

at the "Home of the Herk" – the affectionate nickname for the C-130 Hercules aircraft – there is no ambivalence about the new "J" model.

The C-130J is the latest addition to the C-130 fleet, bringing state-of-the-art technology to the tactical cargo- and troop-transport aircraft that has been in the Air Force inventory since 1954.

The J-model's future had been in question, but Defense Secretary Donald Rumsfeld restored it to the fiscal 2006 budget request in early May.

"From a pilot's perspective, this aircraft is just phenomenal," said Lt. Col. Jeffrey Blalock, who has been flying the J-model for three years. He is the acting commander of the 48th Airlift Squadron here, which began offering formal training on the C-130J in February 2004.

AD

Provisional headquarters established

Organization to be part of new construct, premier joint forces command center

By Tech. Sgt. Martin Jackson
Pacific Air Forces Public Affairs

HICKAM AIR FORCE BASE, HAWAII—On June 1, Pacific Air Forces will establish the George C. Kenney Headquarters (Provisional) here.

“This is an exciting time in Pacific Air Forces as we standup the General George C. Kenney Headquarters--a provisional full-service, operational level headquarters,” said Gen Paul V. Hester, Commander, PACAF. “It will serve as the premier joint forces air and space command and control organization with a standing 24/7 Air Operations Center to serve both the PACAF Commander and the Commander, United States Pacific Command.”

This newly formed warfighting headquarters, named after General George C. Kenney, a pioneer in aerial warfare strategy and tactics in the Pacific theater, is commanded by Lt. Gen. Gene Renuart, who is also currently vice commander, Pacific Air Forces. The headquarters will focus exclusively on planning and executing military operations throughout the Pacific theater, excluding the Korean Peninsula.

“The day-to-day focus of the headquarters is warfighting and contingency re-

sponse,” said General Renuart. “Headquarters PACAF will maintain responsibility for organizing, training and equipping our Airmen.”

The headquarters will benefit from its proximity to Hickam’s existing Pacific Air and Space Operations Center, which serves as the Joint Force Air Component Commander’s operational headquarters, extending from the California coast to the western borders of India and from Alaska down to Antarctica.

“The KHQ(P) will arm the Pacific with a full time, standing Coalition/Joint Force Air and Space Component Commander who is also prepared to Command any Joint Task Force, when tasked,” said General Hester. “It provides a network-centric approach to operations that includes the fusion of globally connected Air and Space Operations Centers with Intelligence, Surveillance, Reconnaissance and Strike capabilities for real-time visibility and precision execution of all contingency and deliberately planned operations.”

Standing-up the provisional unit is the prelude to the activation of the headquarters this fall, which is part of the Air Force’s plan to establish a continuously operating network of ten warfighting headquarters that support geographic and functional

combatant commanders throughout the world.

“This is the first step in standing up as a permanent organization,” said Col. Mark B. Tapper, chief of staff, KHQ(P). “Having a provisional unit enables a seamless transition from day-to-day operations to a fully operational and mission capable unit for the unified combatant commander as the air component.”

According to Colonel Tapper, first standing up a provisional unit enables them to establish practices and operations for the unit before the activation in the fall.

“The headquarters, composed of experts from various functional areas, allows us to ensure we right-size the organization with the right people in the right places,” Colonel Tapper said. “We are also able to continue working the relationships and processes with PACOM, PACAF, and the Numbered Air Forces.”

The Air Force’s ability to employ forces anywhere in the world enhances national security and ensures military objectives are met.

“The KHQ(P) is the center of PACAF’s on-going transformation effort to better posture forces, enable new warfighting concepts, and enhance transformational capabilities such as the F/A-22, C-17 and Global Hawk, said General Hester. “Air and Space power conquers quickly the challenge of the vastness of the Pacific, often expressed as the ‘tyranny of distance.’”

Information crimes threat to community

By Airman 1st Class Katie Thomas
Editor

The threat of information-related crimes doesn’t entirely rest on the hackers and other individuals who commit them.

People must treat personal information such as social security numbers and financial information responsibly to protect themselves and others, said officials here.

Air Force personnel call this operational security. It can be anything from basic day-to-day events such as training and meetings to information such as deployment dates and bank account numbers, said Capt. Scott Stewart, 374th Airlift Wing’s chief of information operations.

Servicemembers, civilians, base employees and spouses are responsible for safeguarding unclassified, sensitive and classified information.

“It takes only one person mishandling a document to ruin dozens of people’s financial and personal lives,” Captain Stewart said. “It only takes a couple seconds at a shredder to save years of trying to fix records and accounts.”

For more information about OPSEC or other information security questions, call 225-3929.

AD

Take Mt. Fuji challenge this summer

MDOS commander remembers challenge, metaphors of climb

By Lt. Col. Keith Morita
374th Medical Operations Squadron

My Mt. Fuji experience started on the last day of August as my friends and I took a bus from the base of Mt. Fuji to the fifth station.

I had two thoughts as we drove higher and higher up the mountain – this was a magnificent mountain, and it was not going to be an easy hike.

We bought our climbing sticks, loaded up our gear and started to climb at 5 p.m. so we could see the sunrise.

The first part of the climb to the sixth station was not very difficult and the night sky was incredible. There was a huge thunder and lightning storm in the distance which matched any Fourth of July fireworks display.

The altitude and fatigue started to take their toll at the upper part of the seventh station. We had booked a room in one of the “hotels” on the mountain at the eighth station

to rest before we completed the climb. I reached the eighth station and thought it was finally time to rest.

However, when I asked a Japanese man where the hotel was he pointed to a light further up the mountain. I pointed to the next set of lights and he shook his head and pointed vigorously to the last set of tiny lights I could see up the mountain.

It was a disheartening discovery. I was cold, tired and the rest of my group had left me behind. I was thinking about just stopping but pure stubbornness and a determination to finish what I came there to do, kept me going.

So, I went up one switchback, stopped to rest, went up another switchback, and stopped to rest; one foot in front of the other, slipping on the loose volcanic shale.

Somewhere between station 8.2 and 8.3, my headlamp went out but I kept going with only the moon to light my way.

Somewhere between station 8.3 and 8.4, halfway up another switchback, all alone, the whole mountain became a metaphor for facing challenges.

We face many challenges every day. Some of these are easy and others are life changing. Two very important tools can help you face any challenge.

Pat Riley said, “If you have a positive attitude and constantly strive to give your best effort, eventually you will overcome your immediate problems and find you are ready for greater challenges.”

The way you approach challenges makes a huge difference. It can determine whether a challenge becomes a mountain or molehill, and whether you succeed or fail.

Your determination and persistence will allow you to conquer challenges. If you read about the great men in our history, you will see how they overcame multiple failures before they had life-changing successes. This means challenges give you an opportunity to grow.

The Chinese use two brush strokes to write the word

crisis. One brush stroke stands for danger; the other for opportunity. You must understand the problem but recognize the rewards from overcoming the challenge.

I was just below the summit when the sun started to slowly rise over the sea of clouds. It was an amazing sight accompanied by the echoing sounds of “Banzai, Banzai, Banzai” from the Japanese on the summit. At that moment I understood why Japan is called the Land of the Rising Sun and why this mountain is so special.

I finished the climb by putting a coin into the Torii Gate that guards the top of the mountain, getting my two sticks stamped, eating noodles and taking pictures. It was an amazing sense of accomplishment standing at the top of that mountain.

Take the Mt Fuji challenge. It is an experience you shouldn’t leave Japan without doing.

Everyone experiences this magnificent mountain in a different way but I guarantee you the view from top will be exhilarating.

Practicing good ‘professional hygiene’

By Maj. David Mahanes II
374th Mission Support Squadron

We all are very aware of the importance of practicing good personal hygiene.

The Airman’s Manual states, “Good personal hygiene helps prevent illnesses, fights off infections, helps maintain good morale, and supports good general health.”

We don’t think twice about keeping ourselves in the healthiest condition possible – whether we’re deployed or back on home station because we’re very aware of the dire consequences if we don’t.

But do we take this same type of attitude of personal preparation, care and maintenance towards our professional careers?

Is it not true that failing to take a strong interest and actively participating in our personnel records documentation could lead to loss of job and development opportunities, damaging your own morale and career health?

This is why the Air Force Deputy Chief of Staff for Personnel, Lt. Gen. Roger Brady calls the practice of taking an active role in their own personnel business “professional hygiene.” In a briefing I heard him give a few months back, he emphasized the growing importance of taking personal responsi-

bility for the accuracy of our own records and to keep ourselves knowledgeable on Force Development and what it means to your career field.

I ask that you take a second and think of when the last time you went out on Virtual MPF and pulled a data verification brief on yourself to ensure all the information stored in the personnel data system is correct.

Do you update personal information such as name changes, address updates and emergency contact info each time you have life changes or permanent change of station? If you don’t you may be keeping vital information from reaching yourself or your family.

We are fully engaged in an information age and within a few years your entire personnel record will be stored online and will no longer be kept in a “hard copy” file in the MPF. You will have more control and convenience in conducting your personnel business since you don’t have to travel to MPF or CPF,

wait in line and lose precious time.

If you take an active role in your career management you can count on improving data accuracy since you’ll be providing most of the data yourself via the worldwide web. You’ll have the

support of personnel advisors over the phone, email, instant messaging, fax or regular mail to answer more complex questions. The best part of this change is that you’ll be able to conduct personnel business whenever and wherever it suites you best and not be tied to a particular office’s customer service hours.

Additionally, this new technology will get you more in touch with the decision makers that decide your next job or determine if you’ll get promoted or not.

It will also be up to you, along with your supervisor’s input, to ensure the information impacting your career paints an accurate picture of your desires and capabilities to make that next move.

You can rest assured it will if you’re practicing good “professional hygiene.”

“Is it not true that failing to take a strong interest and actively participating in our personnel records documentation could lead to loss of job and development opportunities, damaging your own morale and career health?”

Maj. David Mahanes II
374th Mission Support Squadron



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Deadlines

The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

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DUI Prevention

May 18 – May 31	0
Total DUIs in May	1
Total in 2005	5

Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't
drink and drive.
Call 225-RIDE!*

More than 1,000 patients in the Pacific pay a visit to this Airman annually to fill their very individual prescriptions, ensuring that patients get ...

Photos and story by
Master Sgt. Val Gempis
Air Force Print News

An Airman here constructs, assembles, repairs and adjusts orthopedic appliances daily to help injured Department of Defense people in the Pacific Region get back on their feet.

"My mission here is to help people with disabling conditions improve their degree of function to a healthy level," said



back on their feet

Master Sgt. Nathan Simonson, an orthotic technician from the 374th Medical Group, uses a sander to make adjustments on a positive plaster mold here. The orthotic lab technician construct, assemble and repair orthopedic appliances for patients requiring protective support or correction due to bone or muscle injury, impairment disease or deformity in the Pacific Region. Below, Sergeant Simonson uses a sander to shape a custom ankle orthoses.

Master Sgt. Nathan Simonson, an orthotic laboratory technician from the 374th Medical Group.

The lab here, more commonly known as the "Brace Shop," is the only one in Pacific Air Forces.

Sergeant Simonson, the single orthotic technician here, said about one thousand people from bases across the Pacific region visit his clinic annually.

His patients' ailments normally result from traumatic injury, congenital prob-

lems, fractures, arthritis, muscular dystrophy, multiple sclerosis and muscle, tendon and cartilage tears. The technician explained that his goal is to help patients restore their mobility and prevent or limit disability.

Working under the supervision of orthopedic physicians, the Airman carefully follows prescriptions.

He then evaluates each patient and takes measurements or casts of their extremities to fabricate, fit and repair the appropriate orthopedic device.

Using equipment such as drills, saws, shears, punches, sanders, grinders and sewing machines he makes a wide variety of orthoses to treat almost every part of the body.

"It's a detailed-oriented and

laborious job that requires good hand-to-eye coordination," said Sergeant Simonson. "You need a basic knowledge of anatomy, physiology and kinesiology and learn how to work with metals and plastics here."

He has made hundreds of items ranging from intricate back braces to custom foot orthotics.

Although the brace shop specializes in custom bracing, the lab also carries a wide variety of pre-fabricated, over-the-counter devices for treating a lot of different and more common diagnoses.

But the most important part of his job, he stressed, is a good evaluation.

"Not all treatments are the same," he explained. "Every-

one has different needs. There are a lot of joints and bones in the body."

Knowing his patient's work environment helps him do his job better.

Mechanics and flight-line personnel work outside for hours. Custom insoles for their boots help ease pressure on their feet, he added.

Having a properly made orthotic device absorbs shocks, provides support and relieves pressure on uncomfortable sore spots, he said.

"It's a very rewarding job," said Sergeant Simonson.

"People are very appreciative of what I do for them. It's great to see the smiles on their faces after regaining their health."

AD

On base

Movies

Today – *Madagascar*, PG -13, 7 p.m.; *Sin City*, R, 9:30 p.m.

Saturday – *Madagascar*, PG -13, 2 p.m.; *Beauty Shop*, PG-13, 7 p.m.; *Sin City*, R, 9:30 p.m. (adult-only showing)

Sunday – *Beauty Shop*, PG-13, 2 p.m.; *Madagascar*, PG-13, 7 p.m.

Monday – *Sin City*, R, 7 p.m.

Tuesday – *Madagascar*, PG-13, 7 p.m.

Wednesday – *Beauty Shop*, PG-13, 7 p.m.

Thursday – *Sin City*, R, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

Publicity

Private organizations and base units can advertise their activities by sending an e-mail to afn.publicity@yokota.af.mil or yokota.bulletin@yokota.af.mil.

Arts and Crafts

The Yokota Arts and Crafts Center is offering a rubber-stamping class for children age 8 and older June 9 from 3 to 4:30 p.m. The cost is \$10 per child. Call 225-9044.

The center is also holding an oil painting class for adults beginning Tuesday from 6:30 to 8 p.m. Call 225-9044.

Arts Program

The Vivace Performing Arts Program* is accepting applications for its summer session. Students can take classes in music, dance, and drama and participate in weekly performance. There are three weekly sessions starting June 20. Register at the Yokota library on June 7 and 15 at 7 p.m. E-mail info@vivacejapan.org.

Pre-school openings

The Department of Defense Dependents Schools' Sure Star pre-school is offering free openings to the community. E-4s and E-5s are given priority in this program. Children must be four years old by Oct.

31. Call Yokota East Elementary School at 225-5504 or Yokota West Elementary School at 225-7611.

Shrine sale

The 374th Services Division is hosting its monthly shrine sale at the Yujo Recreation Center June 11 from 9 a.m. to 3 p.m.

DRMO sale

DRMO Sagami will host a local sale Thursday beginning at 8 a.m. Furniture items such as chairs, sofas, tables, desks, dressers, wardrobes, lamps and mirrors will be offered. Call 268-4508.

Fourth of July parade

The Yokota Enlisted Spouses Club* is hosting a 2005 Fourth of July parade from 9 to 11 a.m. from the Traditional (West) Chapel to Wilkins Field. All squadrons, private organizations, groups and individuals may enter a float. The top three floats win prizes. E-mail chilichick1966@yahoo.com or michelesolomon@yahoo.com.

Meeting

The Yokota Korean-American Association* will hold its general membership meeting June 10 at 6 p.m. at the Yujo Recreation Center. The meeting is open to all community members. Call 227-9581.

Yard inspections

Military family housing is inspected weekly to ensure compliance with Air Force housing standards. Residents should consult 374 AWPAM 32-8 or call 225-9099.

Give Parents a Break

The Give Parents a Break program has scheduled another night of free childcare at the Kibo Child Development Center for June 18. Call 225-8810 to reserve a spot.

Dorm managers

The base housing office is looking for staff sergeants to fill upcoming dormitory manager positions. Call 225-8045.

Yokota Middle School

The Yokota Middle School's sixth grade awards ceremony is Monday, the seventh grade awards ceremony is Tuesday, and the eighth grade awards ceremony is June 10. The ceremonies are at 1:15 p.m. in the YMS cafeteria. All parents are invited to attend.

The 8th grade "Moving-On" ceremony will be June 14 at 1:15 p.m. in the YMS cafeteria.

Book club

The base library is holding a book club meeting June 14 at 7 p.m. The featured selection is "Home Fires Burning: Married to the Military for Better or Worse." Call 225-7490.

Kid's family night

The Officers' Club is hosting its final kid's family night June 14 from 5:30 to 8:30 p.m. The cost is \$11.95 for adults and free for children age 12 and under. The night is open to all ranks.

Black and White Ball

The Prince Hall's* annual Black and White Ball will be hosted at the Enlisted Club June 11 beginning at 6 p.m. Attire is formal wear. Call 225-2092.

Latin night

The Enlisted Club will hold free Latin salsa lessons Saturday beginning at 8 p.m. in the Spectrum Lounge. Call 227-8820.

Lock-in

The base youth centers are hosting an end-of-school lock-in at the Taiyo Recreation Center June 18 and 19. Call 225-7422 or 225-6397.

Volunteers needed

Yokota East Elementary School is seeking volunteers to help prepare the school's interior and exterior to be painted. Volunteers are needed through June 17. Call 225-5504.

Volunteers are needed for the annual Yokota Striders* Ekiden

Samurai Warrior



of the Week



Staff Sgt. Tasha Campbell-Brown

Staff Sgt. Tasha Campbell-Brown, 459th Airlift Squadron, is this week's Samurai Warrior of the Week for exhibiting the Bushido qualities of absolute loyalty to one's supervisor and a winning spirit.

Sergeant Campbell-Brown is the squadron's work group manager and noncommissioned officer in charge of the Commander's Support Staff. In addition to flawlessly maintaining 30 plus computer systems and revamping the flying operations nerve center with three new computers and two plasma screens, she took the keys to the Unit Control Control, forged an airtight reporting process and completely overhauled its continuity books.

relay race June 18 and 19. E-mail thomas.monohan@yokota.af.mil

Volunteer chaperones are needed for the Yokota Middle School 8th grade field trip to Showa Park on June 6. Call 225-9671.

Chapel events

The Protestant Singles of the Chapel host a dinner and Bible study every Tuesday beginning at 5:30 p.m. behind the Traditional Chapel. The group also hosts a fellowship night every Friday beginning at 7 p.m. behind the Traditional Chapel. Call 225-7009.

The Yokota High School Baccalaureate will be held Saturday at 4 p.m. at the Traditional Chapel. The event is open to everyone and there will be a reception after the ceremony.

The Lampas Choir of South Korea is performing at the Taiyo Recreation Center Sunday. They will also be making special appearances at the Traditional Chapel Sunday at 11 a.m. and 2 p.m.

The base chapel is hosting Vacation Bible School June 20 to 24 at the Traditional Chapel. This year's theme is "Serengeti Trek:

Where Kids Are Wild About God." Call 225-3253.

Chapel Schedule

Traditional (West) Chapel

Catholic: Reconciliation, Sundays at 8:45 a.m., 4:45 p.m. and by appointment. Mass, Sundays at 9:15 a.m., 5 p.m.; Mondays through Thursdays, 11:30 a.m.

Protestant: Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 6:30 p.m.; Korean service, Sundays at 2 p.m.

Other faiths: Baha'i, Tuesdays at 7 p.m.

Contemporary (East) Chapel

Protestant: Gospel service, Sundays at 11 a.m.; Contemporary service, Sundays at 5 p.m.

Other faiths: Seventh Day Adventist, second and fourth Saturdays of the month at 9 a.m.; Islam, Fridays at noon. Call 225-7009.

PO disclaimer

An asterisk (*) denotes a private organization. All POs and PO activities are not endorsed by or affiliated with the U.S. Government, the Department of Defense, or the Department of the Air Force.

AD

“Quotes” & Things

“I hope I haven’t missed dinner. I’m starved.”

Charles Hardy, finished last in the 1981 Boston Marathon

Ekiden: The 21st Annual Yokota Striders* Ekiden Relay Race is scheduled for June 18 and 19 throughout the main base area near the Yokota High School. More than 250 volunteers are needed to support the event. Call 227-7934.

Softball: The Yokota mens’ and womens’ softball teams will be playing at Wilkins Field June 11 and 12. A rally for the teams will be held June 11 at 10 a.m. at the field. Call 225-8881.

Baseball: The Yokota Thunder Baseball Club is recruiting players for the 2005 season. E-mail mohrvictor@yahoo.com.

Youth registration: Flag football and cheerleading registration ends June 15 at the East Youth Center. Call 225-7021.

Natatorium: The indoor pool will be closed Thursday and June 23 for water survival training.

Tournament: Route 56* is hosting a five-man softball tournament and homerun derby June 18 and 19 at Wilkins Field beginning at 8 a.m. The cost is \$50 per team and \$5 for the derby. Call 225-4034.

5K race: The 374th Services Division is hosting a Summer Solstice 5K June 24 at Yokota Field. Call 225-6133.

Sports coverage: Send upcoming sports events information to fuji.flyer@yokota.af.mil or call 225-8833.

CE Airman makes Air Force track team

Second time around brings chance to break new record

By Airman 1st Class Katie Thomas
Editor

He is not your “run-of-the-mill” staff sergeant.

In fact, Eric Schmidt puts more than his best foot forward both in the office and on the track.

A heating, ventilation and air conditioning Airman by trade, Sergeant Schmidt recently moved into a new job and accepted a position on the 2005 Air Force track and field team.

The 374th Civil Engineer Squadron member said he is happy to join the track and field team. He said he is also eager to take on his new job as the noncommissioned officer in

charge of planning.

Sergeant Schmidt is a veteran of both the track team and the CE team. With nearly a decade of service to the U.S. already and a position on the 2003 AF track and field team, he said he is blessed with opportunities through serving.

He broke the AF record for the 400-meter dash with a 49.10 during 2003 – and he said he is looking to break the record again.

“I did not get to compete during on the 2004 team due to a deployment to Southwest Asia, and during that season another runner beat my time with a 48.83,” he explained. “I know that I am capable of

breaking that with a 46 or 47.”

Sergeant Schmidt’s running career began 17 years ago when his mother gave him the option of either being home from school by 3:15 p.m. to do homework or competing in a sport after his classes finished.

“I decided to do running because of my sister Charmaine,” he said. “She got to go lots of places and meet lots of people because she was good at running, and I wanted to do what she was doing too.”

While homework and sibling rivalry began his running career, it was a much different reason that brought him to Air Force-level competing.

“I discovered that I really enjoyed running, and it also is spiritual time that I get to spend with God,” said Sergeant Schmidt.

He can be found Mondays through Fridays from 5 a.m. to

about 8 a.m. at the Yokota High School track training for the upcoming season. “This leaves my evenings open to spend with my family,” he explained.

Sergeant Schmidt paces fellow CE Airmen during their physical training tests, and he also volunteers with the YHS track and field team.

He said that during a recent test, an Airman who usually ran the 1.5 mile in 12 minutes clocked in at nine minutes with him pacing.

“I enjoy being able to share my time and my abilities with people,” he said. “I like being able to meet people and share stories about our experiences.”

Long-term, Sergeant Schmidt said he is looking forward to competing in masters categories for ages 40 and up.

“This is truly a life-long passion for me,” said the sergeant.

Safety takes spotlight during summer season, off-duty time

By Lt. Gen. John A. Bradley
Air Force Reserve Command commander

WASHINGTON (AFPN) – Memorial Day Weekend signals the start of summer, traditionally a time of fun and sun. During the 101 Critical Days of Summer, we sometimes try to do too much because of the extra sunlight.

Here are suggestions on how to keep healthy and safe this summer:

Alcohol consumption – Don’t drink and operate vehicles, such as automobiles, boats, jet skis, etc. If you drink, do it moderately and always appoint a designated driver.

Traveling – Be sober, vigilant and well-rested. Ensure everyone wears a seatbelt.

Watercraft – Know your craft and use personal floatation devices. Use caution when operating boats and jet skis, staying away from other boaters, swimmers and jet skiers.

Motorcycles and all-terrain vehicles – Don’t operate any of them without proper training and personal protective equipment.

Always remain vigilant and drive defensively.

Outdoor activities – Before and after athletic activity, take a short moderate-to-brisk walk to improve circulation rather than stretching, which experts say contributes to muscle strain. Know your limits and don’t overdo it. Avoid prolonged exposure to the sun, use sunscreens and drink plenty of water.

Swimming – Swim with a buddy in known waters and don’t drink.

In the past few years we’ve been made more aware of the need for diligent force protection. We need to apply this same kind of vigilance off duty also.

Most mishaps involve one or more of the following factors: alcohol, fatigue, darkness, bad weather, poor judgment, inappropriate risk-taking. Let’s use common sense, plan ahead and be prepared.

An “it-will-never-happen-to-me” attitude is not a guarantee but rather a recipe for disaster.

Take care of your family and of your Air Force family.

(Courtesy of Air Force Print News)

Get into summer with Outdoor Rec

⇒ River rafting

This Minakami adventure begins at 6:30 a.m. Saturday and June 18. The cost is only \$60 per person and includes rafting fees, transportation and lunch.

⇒ Canyoning

For only \$60 per person, this trip is scheduled for Wednesday and June 22 at Minakami Uncle Bears. Transportation, fees and lunch are included.

⇒ Ocean fishing

Spend a day learning traditional fishing styles on Sagami Bay and Odawara June 11 and June 25. The \$60 cost includes fishing gear and transportation.

⇒ Downhill mountain biking

Visit Fujimi Panorama June 28 for only \$15 including transportation. Rental bikes are also available.

~Call 225-4552~

AD